

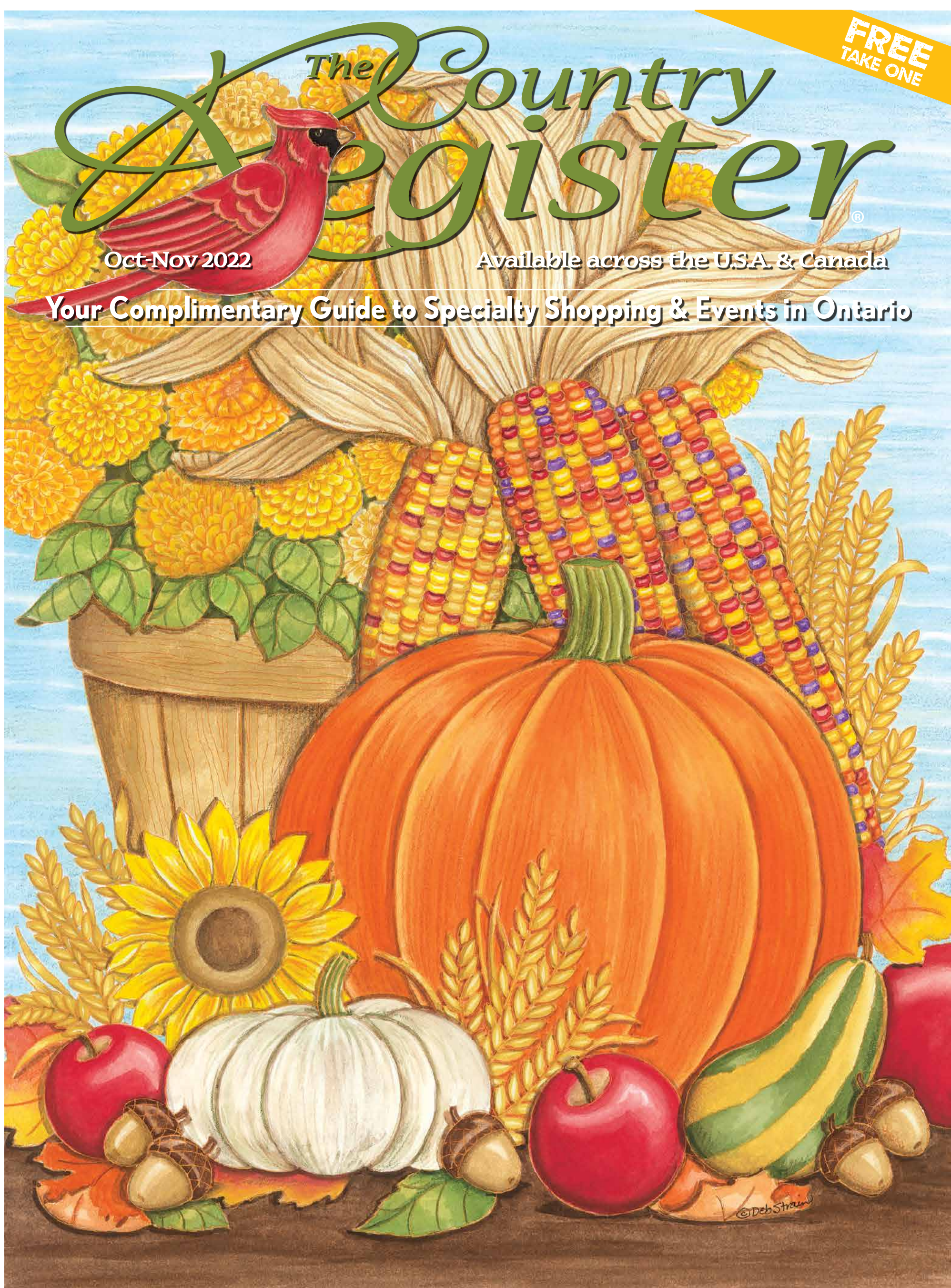
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In this Issue

About Our Cover Art 4

Free Pattern..... 4, 15

Map..... 22

Recipes 5, 8, 10, 11, 17

Quilt Guild Guide..... 18

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The Country Register of Ontario
October/November 2022 Issue

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Meet our cover artist:

Deb Strain



An art teacher for nine years, Deb Strain left teaching in 1994 to devote herself to her family and the development of her own art. Her husband, three children and twin grandsons are her pride and joy. Their beloved Saltbox home is filled with laughter, creativity and love. It is in the peaceful woods surrounding their home where Deb finds her inspiration. Drawing on memories of growing up in Ohio and times spent with family and friends, she seeks to convey a kinder, gentler way of life.

"Art is my passion, but my "real-life" love is my family," explains Deb. "My two daughters are both artists and my husband and son are our biggest supporters. We are very fortunate to share such a wonderfully bonding interest." Deb feels continually blessed by her family's closeness and being able to follow her dream to create art and share it with others. Her art can be found world-wide on a number of products from fabric to greeting cards to figurines.

To view Deb's art prints, go to www.PennyLaneFineArt.com or call Penny Lane Fine Art at 800-273-5263 for more information.

Our Search for Cover Artwork —

Across Canada and the U.S, you can always tell *The Country Register* by its cover. Our publishers seek to find cover art or photos from the province/state the paper represents. To that end, we are seeking the work of artists from Ontario to feature on our covers. The art must be in good taste and consistent with the theme of the papers. If you would like your work to be considered, please send an email indicating your interest to OntarioCountryRegister@gmail.com

Everything It's Crocked Up To Be!



I once heard someone complain about using a crock pot in that they needed to get up at 4:00 a.m. to start it for a meal that cooks on low for 14 hours and they didn't think it was a time-saving device. I have no idea what they were cooking, but I love my crock pot. In this edition, the focus is on suitable recipes for prep the night before, so that all you need to do is plop in the ceramic insert and turn on the slow cooker before leaving for work.

Did you know that the words slow cooker and crock pot (which is a Sunbeam brand name) are used interchangeably?

Slow cookers achieved popularity in North America during the 1940s when many women began to work outside the home. They could start dinner cooking in the morning before going to work and finish preparing the meal in the evening when they came home.

The Naxon Utilities Corporation, owned by electrical engineer Irving Naxon developed the Naxon Beanery All-Purpose Cooker to cook a bean meal. Naxon was inspired by his grandmother making a traditional stew called cholent which took several hours to cook in an oven.

When the Rival company bought out Naxon in 1970 they acquired Naxon's 1940 patent for the bean simmer cooker. They adapted Naxon's bean cooker into a large-scale production model which could cook an entire meal for the family. The cooker was then reintroduced under the name "Crock-Pot" in 1971. In 1974, Rival introduced removable stoneware inserts, thus making the appliance much easier to clean.

The "crock", itself acts as both a cooking vessel and a heat reservoir. Slow cookers come in capacities from 500 mL (17 US fl oz) to 7 L (7.4 US qt). Personally, I have both a 2.5 qt. and a 7 qt., and yes, I have had both going at the same time! Because the heating elements are generally located at the bottom and often also partway up the sides, most slow cookers have a minimum recommended liquid level to avoid uncontrolled heating.

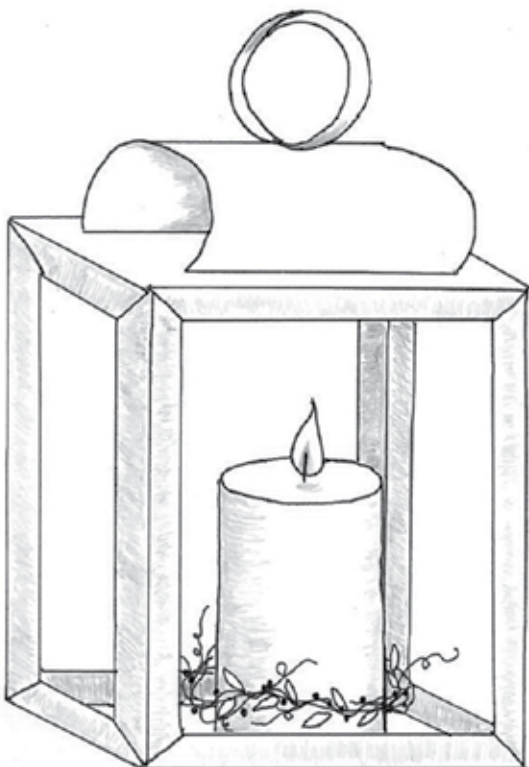
Recipes intended for other cooking methods must be modified for slow cookers. Quantities of liquids may need adjustment, as there is a little evaporation, but there should be enough liquid to cover the food. The long, moist cooking is particularly suitable for tough and hopefully cheaper cuts of meat. For many slow-cooked dishes, these cuts give better results than pricier options. The low temperature of the crock pot also makes it almost impossible to burn food. It's also great in that it's all-in-one, so fewer dishes to wash up. The disadvantage is that some meats and vegetables can become tasteless if over-cooked.

Unfortunately, some vitamins and other trace nutrients are lost, particularly from vegetables, partially by enzyme action during cooking and partially due to heat degradation. Since slow cookers work at temperatures well below boiling point and do not rapidly denature enzymes, vegetables lose trace nutrients.

I found out something interesting during the research on slow cookers concerning kidney beans. Did you know that slow cookers should not be used to cook dried kidney beans and other legume seeds? These foods contain the highly toxic lectin phytohemagglutinin. Symptoms generally appear within 1 to 3 hours after consumption of improperly cooked red kidney beans. Onset is usually marked by extreme nausea, followed by vomiting and diarrhea. This lectin is only deactivated by long soaking, then boiling.

(story continues on next page)

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Designed by Kathy Graham

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Information published by the United States Food and Drug Administration & the Government of Canada states that slow cookers should not be used to cook bean-containing dishes. Commercially canned beans are fully cooked and are safe to use. Pressure cooking also deactivates the lectins.

How to Safely Prepare Dried Red Kidney Beans

These instructions follow the U.S. Food & Drug Administration's recommendations:

Soak - Raw kidney beans need to soak in water for at least five hours.

Boil - Drain the beans and change to a fresh pot of water. Bring to a boil (212 degrees F/100 degrees C) for a minimum of 10 minutes.

Prepare - By following the previous two instructions, your kidney beans are no longer toxic and can finish cooking in whatever method you prefer, such as in a slow cooker.

Just a bit of food for thought, if you're using kidney beans.

And remember, the nice thing about using a slow cooker is that the kids let you know at 8:00 a.m. that they will not eat dinner. It eliminates a day's worth of suspense on the issue.

Melted Butter Biscuits

We tried these the night before the road trip delivering the August/September Country Register. We needed something quick to go with our soup, and with the potential for breakfast the next day. The biscuits turn out with a crisp crust and are soft on the inside, so not quite a traditional biscuit. I also used "homemade" buttermilk, and I think it turned out fine.



- 2½ cups flour
- 4 tsp. baking powder
- 1 Tbsp granulated sugar
- 2 tsp kosher salt
- 2 cups buttermilk
- ½ cup butter, melted

Preheat the oven to 450°F.

Add flour, baking powder, sugar, and salt to a medium bowl. Mix the dry ingredients well.

Pour in the buttermilk and stir until mostly combined, being careful not to overwork the batter.

Pour the melted butter into an 8x8-inch baking dish. Place the dough on top of the butter and use a spatula (or your hands) to evenly spread the dough out to the edges of the pan.

Cut the unbaked dough into 9 squares (3x3 pattern).

Bake for 28 minutes, or until the tops are golden brown.

Allow the butter to be absorbed into the biscuits before cutting and serving.

Slow Cooker Pork Chop Cacciatore

The local grocery store had pork chops on for a great deal the other week, so I brought some home. I was looking for an easy way to prepare them, and this fit the bill.

- 1 1/2 lbs. pork chops
- 798 mL (26 oz) can diced tomatoes
- 3 Tbsp ketchup

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- 1/2 cup chicken broth
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 1/2 Tbsp dried oregano
- 4 cloves garlic, minced
- 1 onion, diced
- 1 can of mushrooms with juice
- 1 green pepper diced
- 3 Tbsp cornstarch

Use a 4 qt. or larger slow cooker.

Add the diced tomatoes, ketchup, chicken broth, garlic, salt, pepper, and oregano to the slow cooker. Stir until the ketchup dissolves into the diced tomato juice. Add the onion and mushrooms, green pepper, and stir again. Add the pork chops to the sauce.

Cover and cook on low for 6-7 hours. Mix the cornstarch with enough water to make a slurry. Add into the slow cooker & let simmer until thickened.

Serve over pasta or rice.

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Positive Thinking Inspires Happiness

by Lesley Nuttall

On this road of life, that we all share
 Loving and giving, to show that we care
 Being positive and confident to say "yes, I can"
 Inspires positive thinking, for all species of man.

With inner Spirit and positivism, you will see
 By thinking happy thoughts, happy you will be.
 Happiness is a gift, to the state of one's mind
 It's the most precious gift, you can ever find.

Thinking positive, is a mental power over the mind
 It gives you the ability, to inspire others, to be positive and kind.
 Refrain from negative thinking, and your outlook will turn
 Thinking positive is something that anyone can learn.

We all need to practice the law of supply
 Believing abundance and prosperity won't be denied.
 No one can accomplish it, all in one day
 It takes patience to map out your journey, on the way.

Be confident in the Lord, and in the power of his might
 Keep your courage up, and never lose sight.
 Let hope and positive thinking, guide you towards your goal
 On this road of life, count your blessing and nourish your soul.

©Lesley R. Nuttall is the Author of Secrets of Party Planning, and enjoys writing Poetry. She lives in Thunder Bay, ON, Can., with her husband.



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Slow Cooker Swedish Meatball & Potato Stew

I usually double this recipe, so that I can either pack lunches with the leftovers or serve it again later in the week. As a doubled recipe it fills up my big, oval slow cooker. I use cooked, homemade meatballs (we're not a huge fan of the frozen, store-bought ones), but I know a lot of people swear by them as a cheat with supper preparation. The last time I made this, I raided my garden and grabbed fresh herbs for a slightly different taste.

- 1 lb. package frozen meatballs
- 4 potatoes, peeled and sliced or cubed
- 4-6 large carrots, or 1 (16 oz./454 g) bag baby carrots
- 1 onion, chopped
- 3 cloves garlic, sliced
- 6 cups beef broth
- 1 Tbsp dried parsley flakes
- 1 tsp dried marjoram leaves
- 1 tsp dried basil leaves
- ½ tsp salt
- ¼ tsp pepper

- 1 (12 oz./354 mL) can evaporated milk
- 3 tablespoons cornstarch

Spray a 4 or 5-quart crockpot with non-stick cooking spray.

Place meatballs, potatoes, baby carrots, onion, and garlic in the slow cooker. Add broth, parsley, marjoram, basil, salt, and pepper and mix gently.

Cover the crockpot and cook on low for 6 to 8 hours.

Mix evaporated milk and cornstarch; add during the last hour and cook until thoroughly heated and thickened.

4 to 6 servings

Buffalo Chicken & Potato Casserole

I usually do a variation of this recipe, in that I substitute chicken thighs for the breasts. I also don't bother to de-bone them. By the time I get off work, the thighs are falling apart and I can remove them as I plate up. Feel free to add more hot sauce to the recipe (or offer it at the table). We like heat, but not everyone does!

- 3 lbs. red potatoes, washed and cubed
- 2 lbs. boneless, skinless, chicken breasts, cubed
- ½ pound bacon (about 6 thick slices), cooked until crisp and diced
- 4 green onions, thinly sliced
- 6 garlic cloves, minced
- 1 Tbsp paprika
- ¼ teaspoon ground black pepper
- 1/3 cup prepared hot sauce (I use Frank's) or more
- 2 cups shredded mozzarella, or cheddar cheese

Use a 6-quart slow cooker.

Place the potatoes into the insert and add the chicken. Add the bacon, green onions, garlic, paprika, and pepper. Stir in the buffalo hot sauce, and top with the cheese.

Cover, and cook on low for 6 to 8 hours, or until the potatoes are cooked through.

4 to 6 servings

GIRLFRIEND WISDOM

★ A time for a Change of Seasons,
 is both a time of excitement and adjustment.

It was a good Summer with lots of family and friends activities, the garden grew well with fresh fruit and vegetables to be preserved for the rest of the year.



And now it is time to turn the garden's soil, change our closets from shorts and t-shirts to sweaters and rain boots. It is also time to plan for the next season of our current days. The perfect activity for the here and now. Some fun things, some memory making activities and some growing processes including elements that need to be let go and released.

GIRLFRIEND WISDOM:

Spend a little time today planning new activities, new events, new rain boots - think about what needs to be let go to create the time and space for things new and exciting. There is a time for everything, and everything has its own time!

Joy & Blessings,

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Chicken Paprikash

This recipe calls for sweet paprika. If you just have the hot variety, I wouldn't recommend doing an even substitution. Cut it by half at least. Also, while coating the chicken seems like an added step, I would recommend it, as you don't want to bite into a clump of paprika. I've also made this recipe with bone-in thighs as a cost-cutting variation.

- 2 lbs. boneless, skinless chicken thighs or breasts, cut into 1-inch pieces
- 3 Tbsp flour
- 2 Tbsp Hungarian sweet paprika
- 1 tsp kosher salt
- ½ tsp black pepper
- 1 onion, sliced into thin rings
- 1 red bell pepper, seeded and thinly sliced
- ½ cup shredded carrots
- 8 oz. fresh button mushrooms, thinly sliced
- 4 garlic cloves, chopped
- 1 cup chicken broth

1 cup sour cream, at room temperature (to add later)

Hot cooked egg noodles

Use a 6-quart slow cooker.

Put the chicken into a large zippered plastic bag and add the flour, paprika, salt, and black pepper. Seal the bag and shake to coat the chicken pieces evenly. Pour the contents of the bag into the insert, and add the onion, bell pepper, carrots, mushrooms, and garlic. Pour the broth evenly over the top.

Cover, and cook on low for 6 to 8 hours.

Add the sour cream and stir well before serving over wide, flat noodles.

Bonus copy for the chicken paprika recipe

Types of Paprika

Sweet Paprika

Usually labelled as "paprika", it adds vibrant colour to any dish. It has a sweet pepper flavour, without any heat. This is the usual default if the recipe doesn't specify which type of paprika.

Hot Paprika

Hot paprika is the Hungarian variety of paprika. In Hungarian cuisine, paprika is used as a primary flavouring method, instead of simply adding colour to a dish. It is most commonly found in classic dishes like Goulash, a stew made from red meat, and the creamy Paprikash, a similar stew that uses chicken or pork and sour cream.

Hot paprika adds a hot kick to any dish. You can substitute sweet paprika into dishes that call for hot paprika and sprinkle a touch of cayenne pepper in to compensate for the heat. Usually, you do not substitute smoked paprika in place of hot as the smoky flavour doesn't always compliment the dish

Smoked Paprika

Smoked paprika, often called smoked Spanish paprika, is made from peppers that are smoked and dried over oak fires. This process gives the red powder a rich, smoky flavour. You can find this smoked variety in mild, medium-hot, and hot.

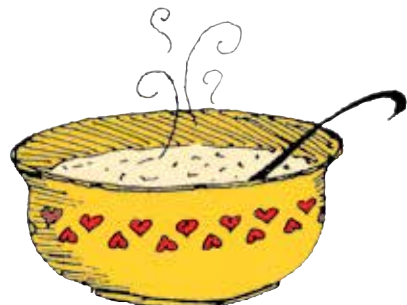
You can sub in sweet paprika into dishes that call for smoked, but it will drastically change the flavour of the dish by removing the smokiness.

Harriston • Severn

French Onion Soup

Both of us love French onion soup – it's also an easy and filling supper. We usually pair it with a garden or homemade Caesar salad. We even have the onion soup bowls – most have gotten broken over the years, but we still have a couple hanging in there. We also use the bowls for turkey stew that I top with puff pastry.

- 3 lbs. yellow onions, peeled, sliced, and cut into quarter-moons
- 2 Tbsp butter
- 2 Tbsp olive oil
- 2 tsp kosher salt, plus more as needed
- Freshly ground black pepper
- 10 cups beef broth
- 2 bay leaves
- 2 Tbsp balsamic vinegar
- To Serve
- 4 to 6 toasted baguette slices per bowl
- 1/3 cup shredded cheese per bowl (1 1/3 to 2 cups total)



Place the onions in a 5-quart or larger slow cooker. Stir in the butter, oil, salt, and a generous amount of pepper.

Cover and cook on low overnight until the onions should be dark golden-brown and soft.

Stir in the broth, vinegar and bay leaves.

Cover and continue cooking on low for 6 to 8 hours. If your slow cooker doesn't hold moisture well, wrap a towel over the lid if quite a lot of steam escapes. Taste and season with more salt and pepper if needed.

Arrange a rack in the upper third of the oven and heat to 350°F. Ladle the soup and onions into oven-safe soup bowls and place the bowls on a rimmed baking sheet.

Top each bowl with the toasted baguette slices and a generous quantity of shredded cheese, about 1/3 cup per bowl.

Bake until the cheese is completely melted, 20 to 30 minutes.

Slow Cooker Apple Cider

When I have days off in the fall and winter, I'll often bring out the slow cooker just for apple cider. I do prefer it prepared with President's Choice Fresh-Pressed Apple Cider (found in the refrigerated veggie/salad dressing section), but that's not always an option, so regular apple juice can be substituted. When serving, I pour some hot water into my mug to dilute it for fewer calories.

- 8 cups apple juice, or apple cider
- 1/4 cup brown sugar
- 4 cinnamon sticks
- 1 tsp whole cloves
- 1 star anise (optional)
- 3 cardamon pods (optional)
- 1 orange sliced
- Garnishes: cinnamon sticks, sliced apples, oranges and cranberries

Place the apple juice, brown sugar, cinnamon sticks, star anise, cardamon and orange in a slow cooker. (Note: I usually tie up the spices in cheesecloth for easy removal).

Cook on high for 1 1/2 hours or low for 3 hours. Remove the whole spices and orange slices.

Serve, garnished with cinnamon sticks, sliced apples, oranges and cranberries if desired.

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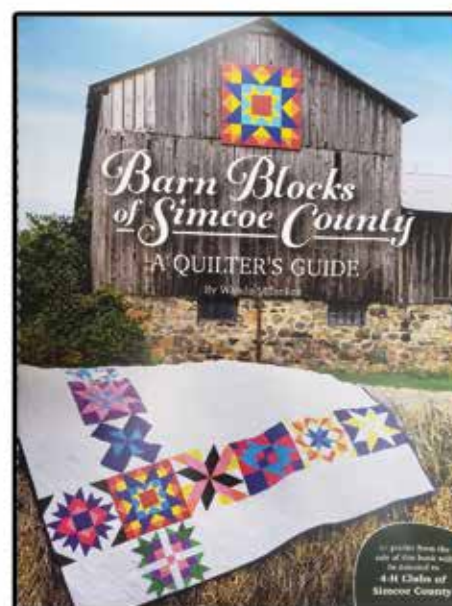
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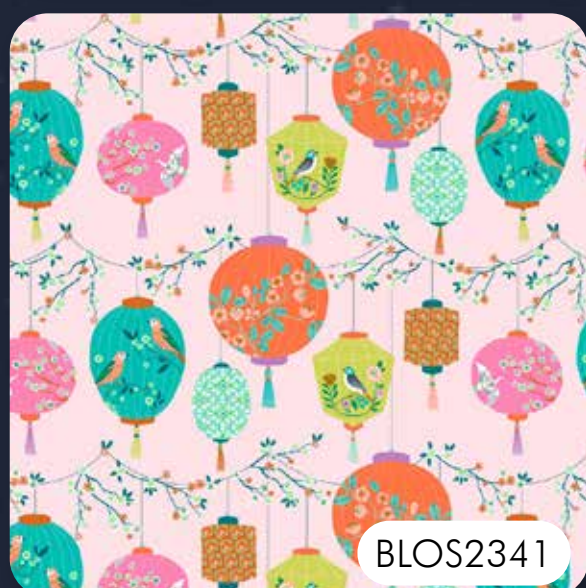
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Random Acts

by Maranda K Jones

Proud Pumpkins

My favorite season to teach has arrived! The newness of the school year is wearing off as the chill of early fall persuades us to put on jackets to brave the brisk cool air. The excitement of showing everyone their brand new school shoes is waning for our young students, and they are moving to a faster pace in the classroom. Since they have learned the routines of the current year and know what we expect of them, we teachers and the children are all ready for a field trip. There's no better autumn destination than the pumpkin patch.

The joy in children's eyes as they select the perfect pumpkin is unlike any other! They run around the field searching for the best one, which is highly subjective of course. Some want a perfectly shaped pumpkin with a tall stem while others simply want the biggest. Some want a completely orange gourd while others are drawn to the green and white spots that make it different. Some want a pumpkin that will make the perfect jack-o-lantern. When a child has finished hunting and is ready to gather, that grin grows from ear to ear!

We only have one rule when picking pumpkins on our field trips. You have to get your own pumpkin to the bus. This is where it gets even more entertaining for us adults. Remember that child who simply wanted the biggest pumpkin he could find? Now he has to get it to the bus. The pumpkin seems to be equal in size to its new owner, and the only thing larger is the smile on his face. We have seen kids roll pumpkins and drag pumpkins. We have seen the naughtiest children put their best manners to use and enlist the help of a kind parent volunteer. We have seen kids lift pumpkins above their heads as if in a weightlifting competition, only for the pumpkin to drop to the ground. Luckily, most bounce a little on the forgiving ground and are able to be picked up again. And again.

When we have all the kids and their pumpkins loaded on the bus, we head back to school. We have picnicked outside and pet farm animals. We've ran through the corn maze, slid down the haystack, and laughed with our friends on the tractor-trailer ride. We have memories of a day well spent. We've picked the perfect pumpkins and proudly carry, or roll and drag, them home.

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**Maranda Jones' new book *Random Acts*
is now available at amazon.com**

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Any Day is Grandparents Day!

Fall usually means back to school, back to work, and back to scheduled routines. It's also back to Grandparents Day—which is celebrated the second Sunday of September each year. This year it falls on September 11. But my husband and I don't need an official holiday to celebrate with our grandkids. We enjoy time with them as often as we can.

When our grandkids arrive at our home, I often ask them, "What day is it today?" Their usual reply is, "Funday!" Any day with them is fun for all of us.

Recently when they arrived, they answered, "Workday!" That's because Anna (12), Owen (16), and their mom had offered to help us with housecleaning and yardwork.

"We can still have fun," I said, as I began to sing, "Whistle while you work."

Work they did—with a good attitude. After they vacuumed and washed the floors, cleaned the bathrooms, and dusted furniture, our home almost shone "like the top of the Chrysler building," as Miss Hannigan says in Annie. The yard looked better too.

Of course, it wasn't all work. We took time for tea and treats, enjoying the sunshine on our deck while sipping their favorite peach herbal tea.

"These cookies taste good," Anna said when she took a bite of the chocolate chip cookies I'd baked the previous day. I also served oatmeal cake, gluten-free chips, and fresh strawberries, which they love eating dipped into sour cream and brown sugar. They think it almost tastes like dipping them into caramel sauce.

Their help that day was a win-win situation. They were planning to attend an out-of-state church camp in a month, so I wrote out a check to help cover some of the cost. "That's a lot of money," Anna said when they started to leave.

"Thanks for helping us," I said and smiled. "Do you know what else you were doing?" They waited for my reply. "You were laying up treasures in heaven" (Matthew 6:20).

They drove away smiling, I smiled as I stepped inside our clean home, and I knew God was smiling too.

Any day is Grandparents Day. And any occasion can turn into a tea party with fun memories that linger and bless others and ourselves.

Lydia E. Harris is a tea enthusiast, grandmother of five, and author of In the Kitchen with Grandma: Stirring Up Tasty Memories Together and Preparing My Heart for Grandparenting. Her books are available at Amazon.

From Lydia's Cookbook In the Kitchen with Grandma:

Popcorn Cake

(Fun to make with grandkids)

Gather with Grandma

3 1/2 quarts (14 cups) popped popcorn

1/2 cup butter, melted (one stick)

1 10-oz package miniature marshmallows

20 unwrapped caramels, cut in half

2 cups favorite small candies, such as candy corn, M&M'S®, gumdrops, or a mixture of candy

1 cup lightly salted or honey roasted peanuts or mixed nuts (optional)

Make with Grandma

1. Lightly grease an angel food cake pan with butter or nonstick cooking spray.
2. Measure the popcorn into a large container that holds at least five quarts. Mix in nuts and candy, except the chocolate candy. Measure the chocolate candy into a separate bowl to add later, otherwise the chocolate will melt and turn the cake brown.
3. In a large saucepan or microwave-safe bowl, melt the butter and caramels together until the caramels are soft, stirring with a wooden spoon. Add the marshmallows and melt them completely.
4. When melted, pour the marshmallow mixture over the popcorn mixture. Mix the cake with a wooden spoon.
5. After the mixture cools slightly, stir in M&M'S or other chocolate candy.
6. Press the popcorn mixture into the cake pan using wax paper or fingers greased with butter. Press down until the cake is compact.
7. Refrigerate the cake for an hour or until firm.
8. Remove the cake from the pan and place it on a plate. Serve at room temperature. Slice with a serrated knife.
9. To keep the cake fresh, wrap it tightly with plastic wrap or foil, or place it in an airtight container. This cake is best eaten in a few days. Wrap and refrigerate the uneaten cake to prevent it from becoming sticky.

Serves 12 to 16

Tip: For popcorn—use plain popcorn, kettle corn, or lightly salted and buttered popcorn. You can buy it already popped if you prefer. (A package of 5.5 ounces of popped popcorn will give you 14 cups.)

See cookbook for variations.

Cowgirl Poet, Quilter, Entertainer



Yvonne Hollenbeck

Grandma's Homemade Aprons

I remember Grandma,
and I guess I always will;
I remember how she welcomed me
to her house up on the hill;

Her homemade pies and cookies
were the best I've ever ate
and I loved her pansy garden,
and the roses by her gate.

But the one thing I remember
most about those days of yore,
was the homemade cotton aprons
that my grandma always wore.

All the grandmas wore them;
be they slender gals, or fat;
those aprons kept their dresses clean
but they were more than that.

They always had a pocket,
where she kept her handkerchief,

and peppermints for grandkids
and she'd wipe our little cheeks

with the tail of that old apron,
when a tear would happen by
from a fall or from a skinned up knee
things that'd make a young one cry.

She'd gather up the ends of it,
and use it for a bag
when picking garden produce,
even used it for a rag.

She made her pretty aprons
from feed sacks she had picked
when buying special chicken feed
or starter for her chicks.

What happened to those aprons?
No one wears them any more;
those homemade cotton aprons
that our grandmas always wore.

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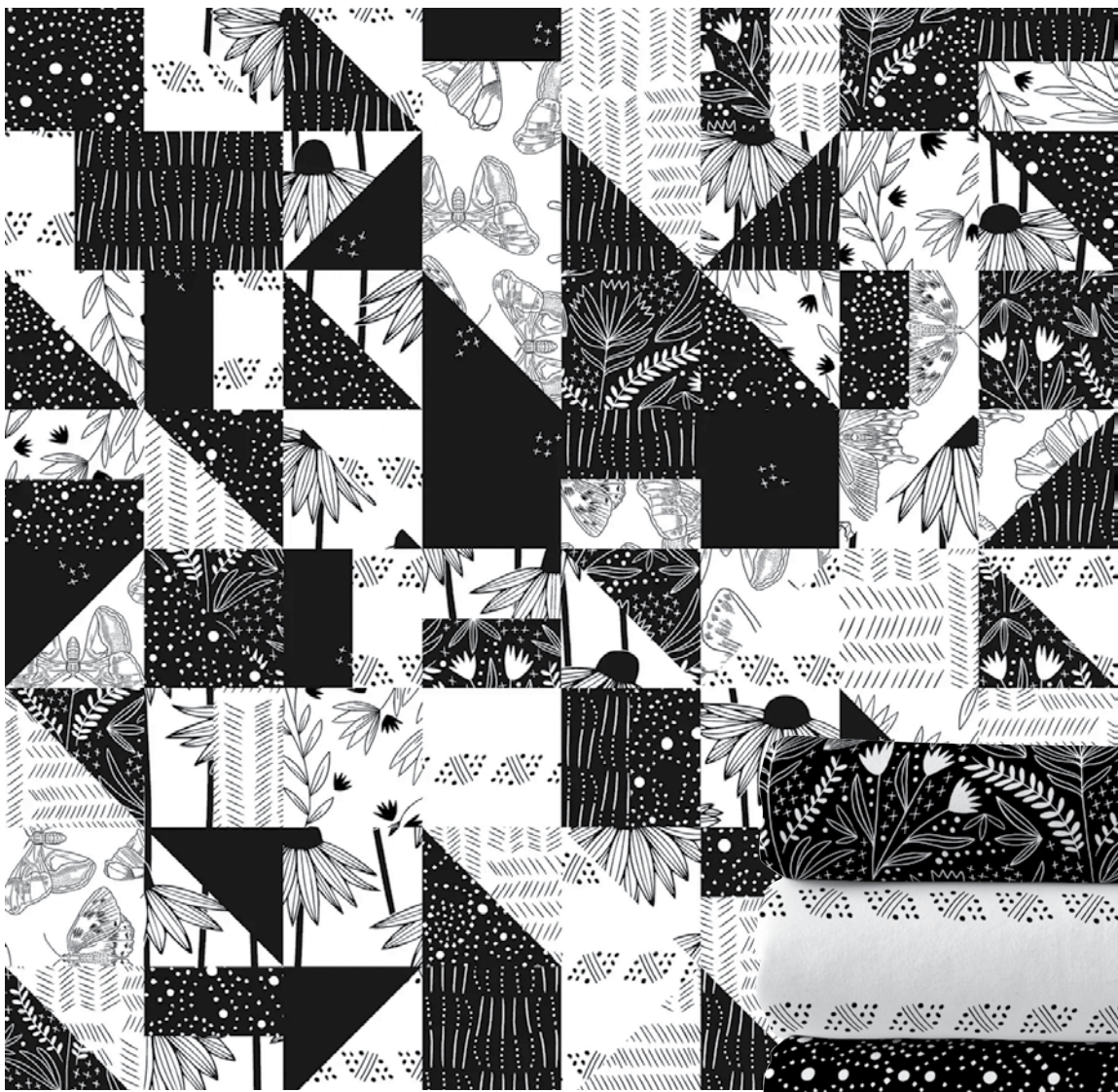
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Yvonne Hollenbeck, from Clearfield, SD, performs her original poetry throughout the United States, captivating audiences in her wake. She is one of the most published cowgirl poets in the West and is not only a popular banquet and civic entertainer, but also co-writes songs with many western entertainers. Yvonne also pens a weekly column in the "Farmer-Rancher Exchange" and writes articles about life in rural America in various publications throughout the West. For more information, visit <https://www.yvonnehollenbeck.com>

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Ancaster	<i>Ancaster Quilter's Guild</i> We meet at the Marshall Memorial United Church, 20 Gilbert Ave. at 7pm on the 3rd Wednesday of each month from September to June.
Arnprior	<i>Arnprior District Quilt Guild</i> We meet at the Christian Education Centre, 257 John St. N. at 6:30 pm on the fourth Wed. of each month from Sept. to June.
Barrie	<i>Simcoe County Quilters' Guild</i> We meet at the Simcoe County Museum, 1151 Hwy 26, Midhurst at 1:00 pm on the Fourth Thursday each month except the 2nd Thursday in Dec and 3rd Thursday in June, from September to June. <i>Kempentfelt Quilt Guild</i> We meet at the Lion's Gate Banquet Hall on Blake Street, the 3rd Thursday of the month from 7-9pm <i>Barrie Modern Quilt Guild</i> We meet at Grace United Church, 350 Grove St. East the last Thursday of the month, on alternate months from September to May - 7pm and on various Saturdays during the alternate months, for Activities and Workshops, from October to June.
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Brockville	<i>The Thousand Islands Quilters' Guild</i> We meet at the Royal Canadian Legion,180 Park Street at 7 pm on the 4th Thursday evening of the month. No meetings December, January, July and August.
Buckhorn	<i>Buckhorn Area Quilters' Guild</i> We meet at Hartley Hall, St. Mathews / St. Adian Anglican Church at 9:00 a.m. on the last Wednesday of the month (excluding July, August and December).
Burlington	<i>Halton Quilters Guild</i> We meet at the Mainway Recreation Centre, 4015 Mainway Dr. at 7:00 pm on the first Thursday of the month from September through June).
Caledonia	<i>Caledonia Grand River Quilters' Guild</i> We meet at 7pm on the 2nd Wednesday of the month from September through June.
Cambridge	<i>Busy Hands Quilters Guild</i> We meet at the Preston Scout House, 1580 Queenston Road at 9:30 am on the third Monday of each month.
Chatham	<i>Chatham-Kent Quilters' Guild</i> We meet at St. Paul's Congregational Church, 450 Park Ave W at 7pm on the third Wednesday each month, except December.
Cornwall	<i>Cornwall Quilters Guild</i> We meet at St. Mathews Lutheran Church, 1509 Second St West at 7pm every third Monday evening from September through May.
Courtice	<i>Clarington Quilt Guild</i> We meet at Faith United Church, 1778 Nash Road on at 6:30 pm on the 3rd Thursday of every month.
Dryden	<i>Sunset Country Quilters' Guild</i> We meet at 84 St. Charles Street at 7 pm on the 4th Tuesday of each month.
Dunnville	D.O.T.S. Quilt Guild (Dunnville's Own Tiny Stitchers). We meet at Maple Creek Community Church, 110 Inman Rd. @ 6:30 pm on the first Wednesday of the month from September to June.
Elliot Lake	<i>Elliot Lake Quilt Guild</i> We meet at Gentle Shepherd Church, 3 Ottawa Ave. at 7:00 pm on Tuesdays from September through June.
Elmira	<i>The Elmira Needle Sisters</i> We meet at the Elmira Mennonite Church at 7:00 pm on the fourth Monday of the month.
Etobicoke	<i>Etobicoke Quilters Guild</i> We meet at Neilson Park Creative Centre - 56 Neilson Dr. at 7:00 pm on the third Monday of the month.
Four Corners	<i>Four Corners Quilters Guild</i> We meet at the Mount Forest & District Sports Complex at 7 pm on the second Tuesday of the month from September to June. For more information email 4cornersquiltersguild@gmail.com
Georgetown	<i>Halton Hills Quilters Guild</i> We Meet at 8958 Trafalgar Rd, Georgetown, ON L7G 4S5. 6:45pm till 9pm from September till June on the fourth Monday of the month.
Gloucester	<i>Common Thread Quilt Guild</i> We meet at Le Mouvement D'Implication Francophone D'Orléans (MIFO), 6600 rue Carriere in Orleans at 7:30 pm on the second Tuesday of the month from September through June.
Goderich	<i>Goderich Quilters' Guild</i> We meet once a month on the 2nd Tuesday.
Grimsby	<i>Grimsby Quilters' Guild</i> We meet at the Livingston Activity Centre at 7pm on the third Thursday of the month.
Guelph	<i>Royal City Quilters' Guild</i> We meet at Three Willows United Church, 577 Willow Road at 7:00 pm on the second Tuesday each month from September until June.
Gwillinbury	<i>Gwillimbury Quilt Guild</i> We meet at the Sharon-Hope United Church, 18648 Leslie St. at 1:00 pm on 4th Monday of the month from September through May.
Hagersville	<i>Haldimand Quilter's Guild</i> We meet at the Hagersville United Church at 7:00 pm on the first Monday of the month from September through June.
Haliburton	<i>Haliburton Highlands Quilter Guild</i> We meet at the Stanhope Community Centre, 1095 North Shore Rd, Algonquin Highlands at 1:00 pm on the second Wednesday of each month.
Hamilton	<i>Hamilton Quilters Guild</i> We meet The Church of Resurrection, 435 Mohawk Rd. W.at 7:00 pm on the 2nd Wednesday of each month from September through August.
Ingersoll	<i>Oxford Quilters Guild</i> We meet month at the Ingersoll Creative Art Centre, 125 Centennial Lane (in Victoria Park) at 7:00 pm on the first Wednesday and 9:00 am on the first Thursday of each month.
Kanata	<i>The Kanata Quilt Guild</i> We meet at the Glen Cairn United Church, 140 Abbeyhill Dr. at 9:30 am on the second Wednesday of the month from September to June.
Kemptville	<i>Kemptville Quilters Guild</i> We meet pm at the Kemptville Pentecostal Church 1964 County Road # 43 at 7:00 pm on the second Monday of the month (except for holiday Mondays).
Kenora	<i>Lake of the Woods Quilter's Guild</i> We meet at St. Louis Catholic Church, 912 Superior St in Keewatin at 7 PM on the second Thursday of the month.
Kincardine	Kincardine Sunset Quilters Guild. We meet the second Wednesday of every month except July and August, at 10 a.m. in the basement of St. Anthony's Church on Russell St. in Kincardine.
Kingston	<i>Kingston Heirloom Quilters</i> We meet at St. Johns Anglican Church Hall in Portsmouth Village at 9:30 am on the first Tuesday and 7:00 pm on the first Thursday of each month. <i>Limestone Quilt Guild</i> Meeting Area usually is – Kingston Senior Centre, 56 Francis Street, Kingston, Ontario, but we are on zoom right now. We meet on the first Wednesday of each month at 7 pm on zoom.
Kingsville	<i>Erie Shores Quilters' Guild</i> We meet at the Kingsville Arena, 2nd floor at 7p.m. on the third Tuesday of the month.
Kirkton	<i>Huron, Perth Quilters Guild</i> We meet at the Kirktown/Wooddham Community Centre at 9:00 am on the second Tuesday of the month from September through May.
Kitchener - Waterloo	<i>The Waterloo County Quilters Guild</i> We meet at the Parkside Community Room of the Parkside Arena in Waterloo at 1:30pm and 7:30 pm on the third Wednesday of the month.
Lambton	<i>North Lambton Quilt Guild</i> We meet at the Port Franks Hall on the 4th Wednesday of the month.
Lindsay	<i>Lindsay Creative Quilters' Guild</i> We meet at Celebrations, 35 Lindsay St. N at 1:00 pm every 2nd Monday of the month except for October, December and June.
London	<i>London Friendship Quilters Guild</i> We meet the 2nd Thursday of the month from September to June. The meeting usually runs from 7pm to 9pm. We are located at St. George's Presbyterian Church, 1475 Dundas Street, London, Ontario N5W 3B8. To contact us: lfag.president@gmail.com or our web page: lfag Lonon Friendship Quilt Guild
Manitoulin Island	<i>Island Quilters Guild</i> We meet at the Community Hall in Mindemoya at 7:00 pm on the third Thursday of the month from September though June.
Markdale	<i>Queen's Bush Quilters</i> We meet at Annesley United Church, 82 Toronto St. at 7:00 pm on the 1st Tuesday of the month from September to June.
Meaford	<i>Georgian Quilters Guild</i> We meet at the Meaford Opera House, Sykes St. at 1:30 pm on the 3rd Thursday of the month.
Mississauga	<i>Cawthra Senior's Centre</i> We meet at the Cawthra Senior's Centre at 7:30pm on the first Thursday of the month (except July and August). <i>Mississauga Quilters Guild</i> We meet at the Tomken Twin Arenas at 7:30 pm on the first Thursday of the month (except July and August).

Miramichi	<i>Miramichi Quilt Guild</i> We meet at the Seamans Hospital at 7:00 pm every Tuesday and 10:00 am every Thursday.
Napanee	<i>Heritage Quilters Guild</i> We meet at the Strathcona Paper Center at 7:00 pm on the third Tuesday of each month from September through to June.
Newmarket	<i>The Region of York Quilters Guild</i> We meet at the Newmarket Community Centre, 200 Doug Duncan Drive on the fourth Wednesday of the month from September through May. <i>Moraine Quilt Guild</i> We meet in the hall at St. Andrew's Presbyterian Church – 484 Water Street, Newmarket at 9:30 am – 12 Noon for Social Sew and 1:00-3:30 pm for the Meeting on the first Wednesday of each month year round.
Niagara Region	<i>The Niagara Heritage Quilters' Guild</i> We meet at Merrion Community Centre, 7 Park Ave., St. Catharines on the third Wednesday of each month.
Nobleton	A chapter of the <i>Modern Quilting Guild</i> We travel to various locations in Southern Ontario on a rotating basis.
Norwich	<i>Quaker Quilt Guild</i> We meet at 89 Stover St N, Norwich at 9:30 am on the second Monday of the month.
Orangeville	<i>Dufferin Piecemakers' Quilting Guild</i> We meet at the Orangeville Event Centre at 7:30 pm on the third Monday of the month from September through June.
Orilla	<i>Orillia Quilters' Guild</i> We meet at the Royal Canadian Legion, 215 Mississauga St. E. at 1:00 pm on the 3rd Wednesday of the month.
Orleans	<i>Common Thread Quilt Guild</i> Meets the second Tuesday of the month at 7pm at MIFO, 6600 Carriere St, Orleans. www.commonthreadquiltguild.ca
Orono	<i>Ganaraska Quilters Guild</i> We meet at the Seniors Activity Centre. 200 Station St. W at 7:15 pm on the last Wednesday of the month.
Oshawa	<i>Durham Trillium Quilters'</i> We meet at the Zion Christian Reformed Church 409 Adelaide Ave. E. Oshawa at 7:00pm every second Monday Sept.- June
Ottawa	<i>Offawa Valley Quilters Guild</i> Our guild continues to meet on the ZOOM platform because of the covid-19 pandemic situation. Our normal in-person meetings will resume some time in 2022. The meetings are usually held the second Monday of every month September to June, at the Riverside United Church, 3191 Riverside Drive, Ottawa ON, K1V8N8. Our email address is ottawavalleyquiltersguild.org <i>QuiltCo</i> We meet at the Trinity Anglican Church in Old Ottawa South on the second Monday evening of the month except July and August.
Owen Sound	<i>Bluewater Quilters' Guild</i> We meet at the Harry Lumley Bayshore Community Centre, 1900 3rd Av E at 7:00 pm every third Monday from March to December (except May which is on the second).
Paris	<i>Paris Quilting Bees</i> We meet on the 3rd Wednesday of the month from September to June at the Paris Fairgrounds at 7 PM. For information email: parisquiltingbees@gmail.com .
Penetanguishene	<i>Georgian Bay Quilters Guild</i> Meets every month from September to June at the Penetanguishene Arena, 61 Mario St. Penetanguishene, Ontario. Monthly meetings (except for December & June) are the 4th Wednesday of the month at 6:30 p.m. December & June meetings are the 2nd Wednesday of the month with the June meeting starting at 6:00 p.m.
Perth	<i>Lanark County Quilters Guild</i> We meet at Lions Hall, Perth Fairgrounds at 7pm on the 4th Tuesday of the month.
Pickering	<i>Rouge Valley Quilters' Guild</i> We meet at Peace Lutheran Church, 928 Liverpool Road, Pickering at 7:00 pm on the 4th Monday of the month September through May, excluding December.
Port Loring	<i>Argyle Quilters Guild</i> We meet at the Lions Den in Arnstein on the second Thursday of the month.
Port Perry	<i>Port Perry Patchers</i> We meet at the Hope Christian Reform Church, 14480 Old Simcoe Rd. in Prince Albert at 7:00 pm on the third Monday of the month, at 7 p.m. from March to December.
Prince Edward	<i>Prince Edward County Quilters' Guild</i> We meet at the BCR Church in Bloomfield at 7:00 pm County on the second Wednesday of each month.
Rayside	<i>Rayside Balfour Quilting and Stitchery Guild</i> We meet at the Chelmsford Arena (upstairs) 215 Edward Avenue, Chelmsford, Ontario at 7:00 p.m. every Monday from September to May.
Renfrew	<i>Quilt Guild Renfrew & Area</i> We meet at the Horton Community Centre, 1005 Castleford Road, Horton from 1:00 pm to 3:00 pm on the second and fourth Tuesday of each month from September to June.
Richmond	<i>Richmond Area Quilters Guild (RAQG)</i> We meet at the Richmond Legion, 6430 Ottawa Street at 7:30 on the third Wednesday of each month.
Ruthven	<i>Erie Shores Quilter's Guild</i> We meet at the Ruthven-Olinda United Church every third Tuesday.
Sarnia	<i>Sarnia Quilters' Guild</i> We meet at the Redeemer Christian Reformed Church 5814 Blackwell Sldr, Sarnia at 7pm the first Monday of each month.
Sault St. Marie	<i>Stitches From The Heart Quilt Guild</i> We meet at the Senior's Centre on Bay St at 7pm the last Monday of the month.
Scarborough	<i>Rouge Valley Quilters' Guild</i> We meet at Peace Lutheran Church, 928 Liverpool Road, Pickering at 7:00 pm on the 4th Monday of the month September through May, excluding December.
Simcoe	<i>Twilight Quilters' Guild of Norfolk County</i> We meet at the Old Wyndham Church, 30 Glendale Crescent at 7:00 pm on the second Monday of the month. <i>Norfolk County Quilters' Guild</i> We meet at the Vittoria & District Community Centre on the first Tuesday of each month except October.
Stittsville	<i>The Quilters Club</i> We meet at the The Pretty Street Community Centre at 7:00 pm on the third Monday of the month.
St Marys	<i>The Stonetowne Quilters' Guild</i> We meet at the End Zone Room of the Pyramid Centre at 9:30 am on the third Tuesday of the month from September to May.
Stony Creek	<i>Stoney Creek Quilters Guild</i> We meet at the Royal Canadian Legion, 12 King Street East, at 6:30 pm on first Wednesday of the month from September to June.
Sudbury	<i>Sudbury & District Quilting & Stitchery Guild</i> We meet at 140 Durham Street at 7:00 pm on every Tuesday from September to April.
Sutton	<i>The Georgina Pins and Needles</i> We meet at the Knox United Church 34 Market Street at 7:00 pm on the first Tuesday of the month from September to June.
Thunder Bay	<i>Thunder Bay Quilters' Guild</i> We meet at Calvin Luthern Church on Edward Street at 7:30pm on the 3rd Monday of each month from September to June.
Toronto	<i>Etobicoke Quilters' Guild</i> We meet at the Neilson Park Creative Centre at 7:15 pm on the third Monday of the month. <i>Pieceful Nights Quilters' Guild of North Toronto</i> meets the second Wednesday of each month. During COVID-19 meetings will be held via Zoom. Guests welcome. https://www.pnag.ca . <i>Toronto Modern Quilt Guild</i> We meet at The Workroom Studio, 46 Nobel St Studio 102 at 3:00 pm on the last Sunday of each month.
	<i>York Heritage Quilters Guild</i> We meet at the Toronto Botanical Gardens on the 3rd Tuesday of every month from September through May.
	<i>Yorkshire Rose Quilters' Guild of Toronto</i> We meet at Danforth Mennonite Church, 2174 Danforth Avenue at 7:30 pm on the second Wednesday of the month from September through May.
Wasaga Beach	<i>Slope to Slope Quilters Guild</i> We meet in the Community Hall at the Wasaga Stars Arena at 7pm on the first Tuesday of the month September through June.
Waterloo	<i>The Waterloo County Quilters' Guild</i> We meet the Albert McCormick Community Centre at 1:30 pm and 7pm on the third Wednesday of each month from September through June
Whitby	<i>Kindred Hearts Guild</i> We meet at the Whitby Baptist Church on the third Tuesday of the month.
Windsor	<i>Windsor Quilters' Guild</i> We meet at Royal Canadian Legion Branch 594, 5030 Howard Ave., Windsor, ON N9A 6Z6 at 9:00 a.m. the first Wednesday of the month from September to June.
York Region	<i>The Moraine Quilt Guild</i> We meet at the St. Andrews Presbyterian Church at 1:00 on the first Wednesday of the month.



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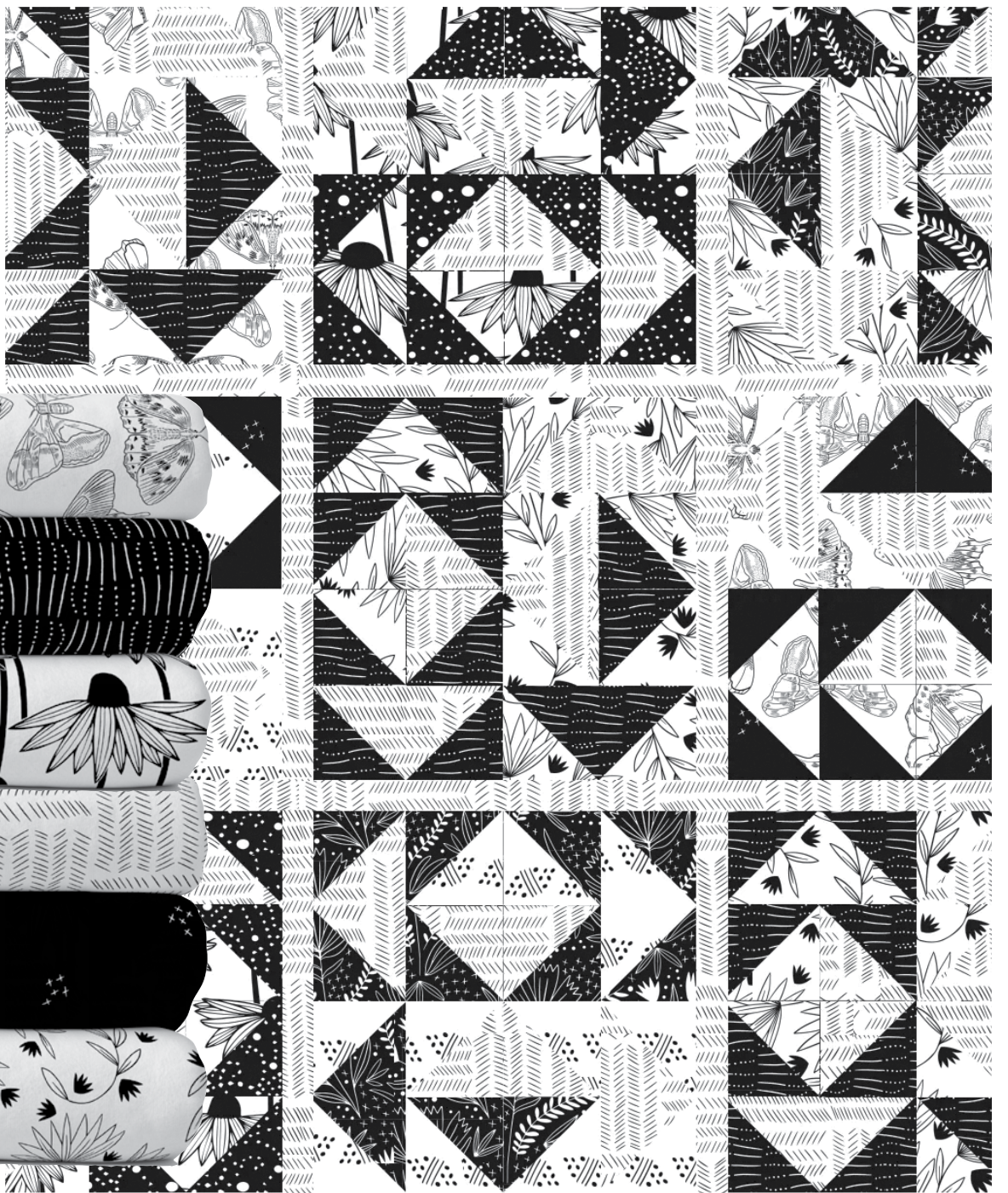
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Little Green Apples

At day's end, besides being weary, a headache was threatening. In search of tranquility, she closed her eyes. It had been a tiring day and she now fully realized the job she faced was monumental. Opening her eyes, her gaze focused on her little green apple and she began to reflect on her mother's warning that the apple could make her sick.

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Writing From Life

by Jeanette Lukowski

Sewing Space

I grew up sewing on my mother's green Kenmore sewing machine—set up on the end of the dining room table. Since we lived in an apartment building, and space is always a premium when one lives in an apartment building in a city, I never thought of it as being an unusual set-up.

The summers I visited my grandmother in my teens, I sewed on her green Kenmore sewing machine—which rested inside a wooden cabinet sewing table disguised as a small end-table in her living room. She lived in a small house in a small town, so I actually thought it an ingenious set-up.

When my youngest child grew up and moved out, I converted his vacated bedroom into a sewing room.

I didn't think of it as my sewing room, though; I constantly thought of it as his vacated bedroom. First, I just moved my plastic fabric boxes in, so that I could dig out some fabric for projects a bit easier. (The previous arrangement had been shoving them all into a closet in the basement.) Then, I set up the foldable banquet table; it was easier to cut the fabric projects in there, rather than on the dining room table. After that, the ironing board was set up against the other wall.

Let me tell you, it's grand to have a dedicated sewing space. The cream-colored Kenmore sewing machine now sits on the end of a solid wood table, with cutting mat and rotary cutter waiting patiently behind the sewing machine. Larger plastic bins of fabric are stacked on the carpeted floor lining parts of two walls (and are tucked neatly under half of the wooden table, leaving me clearance room for the chair and foot peddle to operate the sewing machine); smaller plastic bins of sorted fabric themes rest on shelving next to the window. The ironing board is always set up, with the iron waiting for its next ironing task; the wooden storage cabinet holds the miscellaneous supplies such as a box of freezer paper, fabric markers, interfacing, batting, and the thread organizer.

At any given moment, I can walk into the sewing room, flick on the overhead light if there isn't enough sunlight glowing through the white curtains covering the window, and sew—one seam, or one hour. Maybe cut fabric for a project. Or iron a blouse. Perhaps audition fabric for the next project. Then walk back out—to cook, or read, or write. It's simply grand!

And it's a mess.

As I write this article, there is a basket on the wooden table containing a table runner I began working on months ago (for me), a plastic box with kid-fabric "scraps" I pulled off the shelf after attending a quilt show in June, a donation quilt top in progress; the ironing board is draped with fabrics I pre-washed yesterday, and a table-topper gift project I am working on.

But it's mine, all mine! A sewing space of my own.



The Artificial Tree

by Nancy J. Nash

On a marble-topped table near the bay window of her living room, my widowed grandmother displayed her house plants. I suspect that this stately and practical table came from the elderly man who owned the house before my grandparents. They were too poor to afford a house, but he gave them his in exchange for their taking care of him as his health declined.

Sometime during Advent, my grandmother would move the plants and replace them with a small spruce or balsam. Presents would mysteriously appear underneath. But one year, she supplanted the fragrant greenery with a tree that was less costly and easier to maintain. Realizing that she was aging, her son had thoughtfully brought her an artificial tree that could be displayed year after year during the Christmas season.

But as she grew older, so did the tree, and eventually, it fell apart. Years of use had taken their toll. Grandma declared that she would not have a tree that Christmas. It was too much work. She told us she just did not have the energy to set it up and decorate it.

One day, shopping in a nearby city, I happened to walk into a Salvation Army store and spot a very small artificial tree. It was slightly worn but still quite lovely, with red bows and tiny packages affixed to its branches. I don't remember the cost, but it could not have been more than a couple dollars. It did not require decorating and could easily be placed on the table in the bay window.

I purchased it and presented it to my grandmother, whose face lit up in joy and gratitude. The tree may have been artificial, but the love between us was real. As it turned out, she passed away the next February. The tree became mine.

Each December, the little tree finds its way to a table in my home. In October, a Christmas cactus finds its way from the porch where it spends its summers to a wooden stand indoors. The cactus was given to my grandmother in the 1920s when she and my grandfather first moved into the house with the marble-topped table in the bay window. During the Christmas season, the cactus diligently blooms. The tree and the cactus sit near each other, reminding me that I will see my grandmother again.

©2022 Nancy Nash of Amherst, MA. She has a B.A. in English composition from Mount Holyoke College and an M.F.A. in Writing for Children from Simmons College, with two books listed on Amazon.com (*Mama's Books: An Oregon Trail Story* and *Little Rooster's Christmas Eve*).

Ancaster	The Quilt Rack.....	pg. 10
Bala	Suzie's Fabric Attic.....	pg. 14
Barrie	All About Sewing Machines	pg. 2
Barrie	Hummingbird.....	pg. 16
Belleville	Fun With Stitches.....	pg. 7
Brampton.....	Brampton Sew N Serge	pg. 2, 10
Brockville.....	Taylor's Sewing.....	pg. 8, 24
Carleton Place	Happy Wife.....	pg. 6
Cornwall	Auntie Em's	pg. 5
Cornwall	Ron's Fabrics	pg. 6
Espanola.....	Cindy Bee's Quilt Shoppe ...	pg. 20
Guelph.....	Triangle Sewing Centre.....	pg. 7
Harriston.....	The Quilt Jeannie	pg. 11
Hamilton	Hamilton Sewing.....	pg. 2, 24
Hamilton	Nova Sewing Machines	pg. 7
Ingersoll	K & A Quilt Studio	pg. 2, 15, 16
Kanata	Maker Savvy	pg. 9
Kemptville	Kemptville Fabric Shoppe...	pg. 9
Kingston.....	Stitch by Stitch	pg. 2, 9, 24
Kitchener	K.W. Sewing Machines Ltd. .	pg. 7
London.....	Nova Sewing Machines	pg. 7
Maxwell.....	Threads That Bind.....	pg. 16
Mount Forest.....	Creebank Sewing.....	pg. 15
Mulmur.....	The Retreat at the Farm	pg. 14



New Liskeard	Gem Sewing	pg. 7, 20
North Bay	Gem Sewing	pg. 20
Old Castle	The Sewing Shoppe	pg. 10
Orleans	Quilty Pleasures	pg. 5, 24
Orillia (Severn)	Thimbles & Things.....	pg. 11
Oshawa	Ultimate Sewing Ctr.	pg. 7
Ottawa.....	Happy Stitch Quilt Co.....	pg. 6
Ottawa.....	Make Sew Create	pg. 7
Ottawa	Sew -Jo's	pg. 2
Perth.....	Perth Fabrics	pg.9
Petrolia	Stitcharie	pg. 2, 14
Pincourt	Mad Moody Quilting Fabrics ..	pg. 9
Prescott	Watergirl Quilt Co.	pg. 9
Rideau Ferry	Sew Crafty.....	pg. 7
Russell	Quilter's Barn & Gifts	pg. 6
Sault Ste Marie	Life's A Stitch.....	pg. 20
Shakespeare	The Quilt Place.....	pg. 16
Stratford	Sew & Save Centre.....	pg. 7, 16
Sudbury	Dominican Sewing	pg. 7
Sudbury	Gem Sewing	pg. 20
Teeswater.....	Sanity Hill	pg. 10
Thunder Bay	Circle of Friends.....	pg. 21
Woodville	Bolts & Bobbins	pg. 9

Fall Word Search

P	O	C	N	D	Y	B	O	N	F	I	R	E	F
G	S	C	I	E	Y	L	L	I	H	C	S	I	O
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S	R	W	M	D	Y	R	U	C	C	F	C	W	B
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A	D	B	P	O	I	U	S	D	R	O	A	L	L
R	I	A	F	U	D	Q	R	E	N	S	R	F	L
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BIRDS
BLANKET
BONFIRE
CIDER
CHILLY
COBWEB

COZY
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